

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

Landrunner Mission: To support health and fitness of all ages through recreational running

November 2010 | Issue No. 175

Chicago Kicks Up A Good Time

By Leslie Buford

Flat, fast, and fun is what Chicago Marathon promoters promise to participants, and the city delivered just that on the luckiest day of the year: 10/10/10.

I've been on a mission (from God) to complete the five world marathon majors and only Chicago stood in my way to knocking off the three major marathons in the United States. I honestly have no idea how or why I picked the five marathons that constitute the world marathon race series as a goal, but figured it would be a good way to travel and not feel guilty about taking a vacation from my workaholic tendencies, but I digress...

Chicago is definitely the place to be for runners hoping to run a personal best AND have fun while doing it. The race itself saw almost 39,000 runners toe up to the starting line the morning of the race. Conditions that morning were warm with barely a breeze as all of the participants invaded Grant Park with packets of Gu and Gatorade. Since the morning was so warm, sweats were left at home, allowing for participants to size up the competition and giggle at some of the more outrageous outfits, such as the man dressed as the Eiffel Tower.

After weaving through a labyrinth of checkpoints to get into my start corral, I experienced something new: other runners sitting around inside of the corral. I only got into the corral with about five minutes to spare, so this phenomenon was certainly different



Leslie Buford

from Boston and New York, where runners are packed like sardines into the corrals and you can feel the person behind you breathing on your neck. I have to say, it was nice not having that experience in Chicago! The music booming from the loudspeakers was upbeat and in the distance we could see spectators piled onto the bridge that runners go under in the first 300 yards of the race.

As the gun went off, the expected yells and quick surge to the starting line ensued. The noise became deafening as we hit the first bridge and adrenaline kicked in. The first three miles of the race were a blur as we wove throughout downtown. While Chicago is flat, it does have many turns, especially in the first

See Chicago on page 8

Ahhh...Cool Weather?

For those betting against me, I'm sorry to report that I finished the Redman Half Triathlon just in time to make this month's deadline. Following a few days of rest, I took on the challenge of the Mother Road Marathon. Cool weather did not happen on 10.10.10 for the Mother Road but a bus load of Landrunners showed up in force for the inaugural event from Commerce, OK to Joplin, MO on old Route 66. The bus trip went flawless and on time, thanks in a big part to our trip organizer, Gaile Loving – Thank You, Gaile! Landrunners did well with the marathon's 1st place female finisher, Katie Kramer as well as many age group winners. You ask how I did, well I finished before the bus left town. Congratulations to everyone that went and thanks for bringing home the huge 3rd place corporate trophy. These trips are a blast and I hope the club puts more of these trips together.

I would like to welcome the new board members--Mark Ballard, Jennifer Henry, Katie Kramer and Linde Slater. They have been approved by club vote and I am looking forward to serving along side them in 2011. I would also like to thank all outgoing board members--Donna Banks, Kresta Logan, Gaile Loving, Jamie Kilpatrick, Ric and Frances Williams. Thank you for your time served and many valuable contributions. I hope each of you stay very active in the club and continue to provide us with your valuable input and skills to help the club move forward in a positive direction. All returning board members – welcome back for another exciting year. Remember we are charged with leading the club in a positive direction. Any members interested in getting involved with special committees or who would like to make a suggestion, feel free to contact any of the board members.

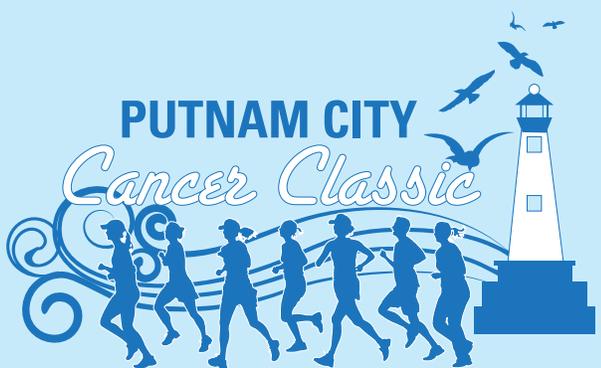
The October Landrunner meeting featured authors of the new book *Oklahoma Hiking Trails* – fellow Landrunner, Kent Frates and Larry Floyd. We got a look at their new book and some insights on hiking in Oklahoma. We also had an unusually large number of race directors promoting their fall races along with many free race entries for door prizes. Thanks to all for a great meeting.

The Fall/Route 66 Marathon Training numbers continue to amaze me. I hope to see all those training with the group wearing their Landrunner apparel with pride in Tulsa on Nov 21st and/or Dallas on December 5th.

Don't forget the Fall Banquet is November 6th and I hope to see everyone there. Advance tickets only (\$20pp) – no ticket purchases at the door.

Keep Running,
Chuck Mikkelson, President

November 13, 2010



PUTNAM CITY
Cancer Classic

STARS AND STRIPES PARK, LAKE HEFNER

5K and FUN RUN

Benefitting Cancer Research at the
Oklahoma Medical Research Foundation

Register at PCCancerClassic.com

Reunion Run

5K USATF-sanctioned

run

I mile fun run

Sunday, Nov. 14, 2 pm

Norman High School-911 W. Main

www.ReunionRun.org

for information and registration



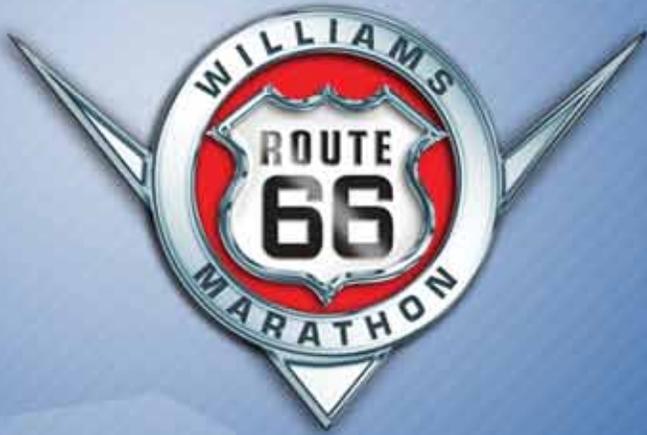
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Before Nov. 5 - \$25; K-12 Students, \$15
After Nov. 5, \$30 for all

Proceeds to benefit the programs of NHS PTA.



WILLIAMS ROUTE 66 MARATHON

PRESENTED BY BLUE CROSS
BLUE SHIELD OF OKLAHOMA

11.21.2010
TULSA, OKLAHOMA

MARATHON
HALF MARATHON
MARATHON RELAY
5K RUN & WALK
ONE MILE FUN RUN

→ REGISTER NOW!

ROUTE66MARATHON.COM



BlueCross BlueShield
of Oklahoma



Landrunner Calendar of Events

<u>Date</u>	<u>Event</u>	<u>Location/Time</u>
11/6	Race with the Stars 5K	OCU Freede Center @ 8:00am
11/6	5K to Monet	Fine Art Institute Edmond @ 8:30am
11/6	****Club's Fall Banquet *****	6400 N Penn @ 6:00pm
11/13	Race for Hope	Lake Overholser @ 8:00am
11/13	Streets of Gold 5K	Prague, OK @ 9:00am
11/14	Reunion Run 5K	Norman HS @ 2:00pm
11/20	2010 City Divided 5K	Regatta Park @ 9:00am
11/20	PC Cancer Classic 5K	Stars & Stripes Park, Lake Hefner @ 9:00am
11/20	Chill Your Cheeks 5K	Yukon, Chisholm Trail Park @ 5:00pm
11/21	Route 66 Marathon, Half, 5K	Tulsa, OK
11/25	OKC Turkey Trot	Downtown OKC @ 9:00am
11/25	Edmond Turkey Trot	Downtown Edmond @ 8:00am
12/4	Holiday Hustle 5K	Okla. Christian University @ 8:30am
12/11	Northcare Reindeer Run 5K & 10K	4436 NW 50th @ 9:30am
12/11	Faster than the Pastor 5K	Mustang @ 8:30am
12/11	5th Annual Nightlight 5K Run	Midwest City @ 5:45pm
12/20	Christmas Potluck Social	The Bentson's @ 6:00 pm

LANDRUNNERS FALL BANQUET

PLEASE JOIN US FOR A FUN FILLED EVENING ON
SATURDAY, NOVEMBER 6TH, 6:30 P.M.

LOCATION OF THIS YEAR'S BANQUET IS
ALL SOULS EPISCOPAL CHURCH
NORTHWEST 63RD & PENN

ITALIAN BUFFET DINNER, INCLUDING WINE & BEER
CATERED BY
KAM'S KOOKERY

MUSIC WILL BE PROVIDED BY **DG PRODUCTIONS**
DOOR PRIZES
SURPRISE ENTERTAINMENT

\$20 PER PERSON

SIGN UP ONLINE AT **WWW.OKCRUNNING.ORG**



7th
Annual
**CHILL YOUR
CHEEKS
5K**

& Jingle Walk



**NOVEMBER 20, 2010
5pm - Yukon, OK**

Chisholm Trail Park - 500 W. Vandament

www.active.com

\$20 *\$25 after Nov. 12*

For More Info Call 405-350-8920



Festival Friends



Landrunners In Action

10/3 RUN CRAZY HORSE MARATHON, HILL CITY, SD

BILL GOODIER	3:43:15
BRANDI SALSAMAN	2:29:29 - HALF

10/9 HARTFORD MARATHON, HARTFORD, CT

TOM BRIGGS	4:44:29
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10/10 BOSTON HALF MARATHON, BOSTON, MA

RANDY THURMAN	1:46:20
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10/10 PRAIRE FIRE MARATHON & HALF, WICHITA, KS

RICHARD SMITH	3:35:56
GUY COLBERT	4:15:28
DAVID WRAY	1:21:37 - HALF 1ST IN AGE
PASCAL DEMEYER	1:40:50 - HALF

10/10 BOA CHICAGO MARATHON, CHICAGO, IL

JERRY FAULKNER	2:38:05
LESLIE BUFORD	3:25:48
SARA COOK	3:38:28
ANN HADRAVA	3:48:54
BRYAN SLOAN	4:02:47
CAROLYNN PARKER	4:41:00
SHILPA ABBITT	4:49:32
CAMI ROWE	4:57:03

10/10 MOTHER ROAD MARATHON, JOPLIN, MO

KATIE KRAMER	3:13:31 1ST PLACE FEMALE
TIM FISCHER	3:30:43
DAVID BALL	3:47:26
SCHAD MELDRUM	3:54:33
MARY MIKKELSON	3:55:00 3RD IN AGE
MAURICE LEE III	4:04:00 3RD IN AGE
KARNA STRUNK	4:12:50
JACKIE NORVELL	4:26:49
JESSICA PARKER	4:29:39
JENNIFER WESTENHAVER	4:34:42
JIMMY SCROGGINS	4:40:30
CHUCK MIKKELSON	4:48:45

10/10 MOTHER ROAD MARATHON, JOPLIN, MO

JUSTIN CHAN	4:54:26
DAVID BERNSTEIN	5:38:11
GLEN STANLEY	5:49:15
MADONNA GALLANT	6:55:38

10/10 MOTHER ROAD HALF MARATHON, JOPLIN, MO

JASON TILTON	1:27:16 3RD IN AGE
SHARON HALEY	1:48:48 1ST IN AGE
GAILE LOVING	2:01:49 2ND IN AGE
BRYAN JONES	2:07:14
STACY SUMMEY	2:09:52
JOHN COTNER	2:13:27
LINDE SLATER	2:23:24
DARLETTE SLACK	2:23:45
MARCIA RIGNAULT	2:26:43 3RD IN AGE
RALPH BRECKENRIDGE	2:36:48
LAURA WARD	3:16:18
HOLLY WILSON	50:19 - 5K

10/16 KC MARATHON, KANSAS CITY, MO

KATIE KRAMER	3:14:57
HOLLY WILSON	4:02:40 - HALF

10/16 PALO DURO CANYON TRAIL RUNS, TX

RANDY NANCE	6:11:20 - 50K
KATHY MOFFITT	3:07:53 - 20K
CARA ROGERS-NANCE	3:10:02 - 20K
EVELYN ROWLAND	3:16:59 - 20K
BETTY BELL	3:34:29 - 20K

10/17 COLUMBUS MARATHON, OH

CURTIS WELLS	4:29:12
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10/17 DENVER ROCK 'N' ROLL MARATHON

ANDREA LA TORRE	5:35:01
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If you don't see your results it could be you forgot to report them so send your results, photos and stories to news@okcrunning.org

Recipes to Run By

By Adi McCasland

Tofu with Peanut-Ginger Sauce

1/3 cup broth (chicken or veggie)
 1/4 cup natural peanut butter
 1 tbsp rice vinegar
 1 tbsp lime juice
 1 1/2 tbsp soy sauce
 2 1/4 tsp honey
 2 1/4 tsp fresh grated ginger root
 2 cloves garlic, minced
 pinch crushed red pepper
 1 14 oz package extra firm tofu, drained, dried and cut in 1/2 - 1 inch cubes
 1 tbsp peanut, canola or vegetable oil
 1 cup sliced roasted red pepper
 5 green onions, sliced
 4 cups fresh spinach

1) Mix broth, peanut butter, vinegar, soy sauce, honey, lime juice, ginger, crushed red pepper and garlic in a small bowl.

2) Heat oil in a large skillet or wok over high heat. Add tofu and cook until golden brown, turning just to cook all sides (approx 9-11 minutes).

3) Add peanut-ginger sauce and veggies and cook just until spinach wilts (approx 2-3 minutes).

4) Serve over rice or noodles.

**Notes: Melissa's Tofu or Nayosa Tofu are excellent brands to use in this recipe. Chicken or shrimp are also good in place of the tofu.



Granola Bars

2 cups rolled oats
 2 cups Grape Nuts Cereal
 1 cup natural peanut butter
 3/4 cup local honey
 1 tbsp vanilla
 1/4 cup brown sugar or turbinado
 pinch of sea salt

1) Bring peanut butter, honey, sugar and salt just to a boil.

2) Remove from heat and stir in oats, Grape Nuts and vanilla.

3) Spread into a greased 9x13 inch baking dish. Let cool completely before cutting.

Chicago continued

few miles. It may not matter to most people, but to klutzes such as me, it was important to make sharp turns to avoid falling or running into the side of someone else.

The route turns north at about mile four and runners have a straight shot of the course for the next three miles. The spectators are as awesome as a big city marathon gets and I always enjoy watching for crazily dressed up people, cute dogs, and funny signs. Crowd interaction is one of the main reasons I prefer to run the bigger marathons and Chicago's crowds do not disappoint—especially in Boystown. This neighborhood comes out to support the runners in full force. We were greeted with an all-guys drill team performing an excellent rendition of “Vogue” as well as the (all-guys again) Wonder Woman cheer squad. It is a colorful, happy area that gets runners spirits up soon after the seven mile mark.

From Boystown, the course runs back south to the Old Town area of Chicago. A more genteel tone rules this neighborhood of brownstones when runners first enter, but grows more rowdy around mile ten where a stretch of bars and restaurants exist. The crowds are three to four people deep in this area and the noise is deafening, perhaps preparing runners for the turn onto State Street and the half marathon mark.

I don't really know what marketing person had the bright idea to emblazon cowbells with their logo and hand them out to about 5,000 spectators, but it may be one of the most annoying sounds on earth. At the halfway point, the temperatures are rapidly rising and the sound of cowbells has everyone's ears ringing. As runners begin to slowly cramp up, the clanging becomes almost unbearable. I think everyone started to run a little faster to escape the noise and find some shade in the traditionally ethnic neighborhoods comprising the southern part of the course.

At this point, the heat and quicker pace starts to get the best of runners, myself included. The morning low at the beginning of the race was 67 degrees, and by the fifteen mile point, had risen to the mid-70's. Not “Oklahoma Hot” but the relentless sun and lack of wind is starting to break down runners. At the

next water stop, the course advisory flags have been raised to a “yellow” meaning the temperatures are high enough to use caution. We all start pouring the leftover water from our cups onto our heads to cool down. I also slow my pace in an attempt to stave off the leg cramping I'm prone to.

The great part of the traditionally ethnic neighborhoods is when a foreign runner from that neighborhood's heritage is recognized. Greek, Hispanic, and Chinese runners were alternately hailed as heroes as we passed through their neighborhoods. It is fun to watch as spectators wave the flags of home countries and runners react with joy on seeing their flags and receiving recognition from total strangers. It also helps the rest of us try and forget how friggin' hot it is outside.

By mile 20, everyone in the immediate area of where I was running are stumbling more than running. I have never ran a marathon where so many people are desperately trying to stretch out their legs or walking in an attempt to get rid of the cramping they are experiencing. I pass many a person that had a 3:10 pace card on their back and even pass some of the “elite development” women that have given up on their time and are just hoping to finish the race. This area is world renowned for being developed by Frank Lloyd Wright but I don't think one of us runners could even recognize the historical architecture at that point as we stumbled over the highway overpass.

Like the first three miles, the last three miles were a blur for me other than the determination to keep moving, no matter what my pace was. People are dropping out and walking left and right at this point and I was not about to let that be me. The only motivation I had was remembering the big fat bottle of champagne sitting back at our hotel room waiting to be opened.

Finally, a big screen appears in the distance: Eureka! I had been warned beforehand that the lone hill at Chicago is in the last quarter mile of the race so I tried to not get too excited when I saw the big screen. The hill was no steeper than the one I run up

See Chicago on page 16



Things to do.. Register for 7th Annual Race for Hope



By October 25th to be guaranteed a COOL t-shirt!!!!

TWO NEW EVENTS ADDED.....

FREE KIDS 50 YD FUN RUN and 1 Mile DOG JOG

Race Day Schedule:

- 6:30 a.m. Packet Pick-up and registration
- 8:00 a.m. Start time for 5km & 12km
- 8:15 a.m. 1 m Family Fun Run/Walk & Dog Jog

USATF Sanctioned
& certified
Champion chip
Timed

**Moonwalk, face painting, magicians, and clowns
Bring the whole family & help raise money for
Oklahoma Brain Tumor Foundation families**



Saturday 11.13.10

Lake Overholser

Register

www.active.com

405.843.HOPE

www.okbtf.org

You can make a difference!!

Registration Form: Advanced entry \$20 - Race Day \$25

Circle: Corp12K * 12k * 5k * 1mi * Dog Jog * Kids 50 yd

Name _____

Address _____

City _____ State _____ Zip _____

Age _____ DOB _____ Male _____ Female _____

Phone _____ E-mail _____

Corp Team Name: _____

Chip number _____

Shirt Size: YS YM YL S M LG XL (shirts larger than XL add \$5)

Paying by check make payable to OKBTF

Please charge my: Visa MasterCard Discover

Acct# _____ Exp Date: _____

Print Name Appearing on Card _____

Billing address if different from above _____

Signature _____ Security Code _____

Waiver:

In consideration of my entry acceptance Race for Hope, I do hereby for myself, my executors, administrators, assignees release and discharge Race for Hope & other sponsors and officials for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____
Date _____

I cannot participate this year but would like to make a donation in the amount of \$_____.
Please make in Honor of Memory of _____

**Mail to Oklahoma Brain Tumor Foundation
730 W. Wilshire Blvd. Suite 114 Oklahoma City, OK 73116**

Early Packet Pick-up:

Begins Monday, 11.8.10 at OKBTF office, 730 W. Wilshire Blvd, Suite 114, Oklahoma City, OK 73116
9:00 a.m. to 5:00 p.m Mon-Thurs, Til Noon on Friday

Landrunner's Redman Aid Station

Thank you to all the Landrunners that volunteered your time on September 25 to work the Landrunners aid station for the Redman triathlon. We had a great group of volunteers with close to 50 people working at various times, helping set up Friday evening and working throughout the day and well into the night on Saturday. Our "Fiesta" theme made it a fun and festive aid station both for the Landrunners and the Redman participants. Although we have not heard any official results, we did hear from many participants that day that we had the best aid station on the run course. THANKS to all the volunteers and Centre for use of wonderful sound system!!!



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TURKEY TROT OKC 2010

OKLAHOMA CITY

FAMILY TRADITION



2010
Turkey Trot

RUN | WALK | CHEER | VOLUNTEER

November 25



1 Mile Fun Run

5K Road Race

Thanksgiving Day

Downtown, Oklahoma City - 9: 00am

Learn more at www.dgroadracing.com

Register at www.signmeup.com/70475

Mother Road Marathon

By Mary Mikkelson

The Landrunners sponsored a bus trip to the inaugural Mother Road Marathon, half marathon and 5K race on 10-10-10. Thirty Landrunners and friends enjoyed the bus trip, with 14 running the full marathon, 13 running the half marathon, one running the 5K and two supporters cheering us on to the finish and snapping pictures.

The full marathon started in Commerce, OK, ran through Baxter Springs, KS (where the half marathon started) and finished in Joplin, MO, running on Route 66 for a majority of the race. Joplin, MO was the primary staging area for the event with the “expo” (which really was just packet pickup) and pasta feed held the afternoon before the race in Joplin. The morning of the races the shuttle buses departed from Joplin and the finish line festivities were held at the Joplin Athletic Complex.

For an inaugural event, the race was very well organized. The first five miles of the full marathon was a closed course but the remainder of the run was on highways, but traffic was never an issue. Plenty of law enforcement officers were out monitoring traffic at intersections and along the course keeping us safe. There also were plenty of aid stations along the course with fluids and volunteers. The only thing missing from the aid stations that many of us Landrunners are used to (especially on warm days) was pretzels. There was good crowd support in each of the towns we passed through, especially Baxter Springs, including kids extending their hands for a “high five” and an older lady ringing her cowbell.

The races all started at 8 am and that day turned out to be a very warm, sunny day. Temperatures were about 60 at the start and climbed into the 70’s and probably even low 80’s before some of the runners completed the full with very light winds. We all know we can’t control the weather and have to take what comes on race day, but as *Runner’s World* stated in their November 2010 issue – “The ideal race temperature for marathoners is 50 degrees; times slow about 3% for every 10 degrees above that.” I know the warmer temperatures definitely affected



my performance in the second half of the marathon and I heard similar comments from others.

Congratulations to Landrunner Katie Kramer who was the overall female winner in the marathon. Several Landrunners placed in their age group and the club finished third in the corporate category based on participation (and we didn’t even know there was such a category).

Gaile Loving coordinated the bus trip, including reserving a block of rooms for us in Joplin, and did a fabulous job. It was so nice to leave the driving to someone else and travel with a great group of people. We even had two Landrunners from Woodward join us for the bus trip – Marcia Rignault and Jennifer Westenhaver. They decided to ride with us as it saved them about 200 miles roundtrip of driving and they wanted to spend time with fellow Landrunners on the bus.

Some comments from the trip include

“Had a great time.”

“Can’t wait for next bus trip.”

“It was a tough one! HOT!”

“What a fun weekend with friends. Ready for another road trip.”

“What a road trip!!!”

“Hope we get to do another road trip with the club soon.”

Thanks for coordinating the trip, Gaile!!

LITTLE ROCK MARATHON

a medal of mythic proportions

MARCH 6, 2011



presented by

Arkansas Democrat  Gazette

Arkansas' Largest Newspaper

LittleRock
CITY LIMITLESS



THE
HATCHER
AGENCY

"Our Attitude is the Difference"

benefiting



Parks & Recreation



Scan this code with a QR Code reader-enabled mobile phone to easily access website.

www.littlerockmarathon.com

Just Going Through the Motions, II

By Warren Jones

Science demands that ideas be challenged with empirical evidence and logical reasoning.

If a study doesn't pass muster, it won't get past too many people before someone cries foul. Science is, as the phrase goes, "self correcting."

Sometimes (actually, oftentimes), science is not only self correcting; it's "self confirming."

About a year ago, you may have seen my article about the relationship between aerobic capacity (cardiorespiratory fitness) and longevity. Or, more prosaically, "the fitter you are, the longer you're going to live."

Well, I'm pleased to report that a new study, appearing in *Circulation*, the official journal of the American Heart Association, confirms that conclusion. And with rather dramatic statistics.

My pitch in my earlier article was that your "merely going through the motions" is not enough. What counts (and apparently still counts) is the level of fitness achieved by your "motions," by your exercise.

The *Circulation* study reports a follow up analysis. The scientists assessed the aerobic fitness, the exercise capacity, of Five Thousand men beyond age 65, and then followed them for up to twenty years. To see how they did. To see what became of them. To see who, among them, survived.

Some of them did. What was fascinating is that the "odds of mortality" among those fellows who, at the beginning, were less aerobically fit were substantially higher than the odds of mortality of those fellows who were, by the scientists' definition, most fit.

Interesting, too, is the "linear" relationship between ever increasing levels of fitness and ever decreasing odds of mortality. That is, at the level JUST above the least fit, decreasing risks of mortality exist. Then, one step higher in fitness produced one step lower in mortality risk.

Comparing the highest fit vs. the lowest fit, the numbers are impressive. Let's use the lowest fit group as the "reference group." The reference group is the group against which all the other groups, all the guys in all the other levels of fitness, were compared.

Those guys in the fittest group (at only a 9 met capacity.....more on this below) had a 63% lower risk

of mortality than the guys in the least fit group, those guys who achieved a 4 met capacity.

Let's make the statistics simpler: Among the thousands of fellows in the study, for every one hundred of the guys in the lowest fit group who died in the follow up period, only 37 of the guys in the most fit group did.

So, what's your pleasure? If you enjoy life..... the great outdoors, time with your spouse, a fine bottle of wine, a fine steak, a tear-jerking movie or book, beautiful sunsets, peaceful Mediterranean cruises...., you ought to seriously consider improving your odds for longevity.

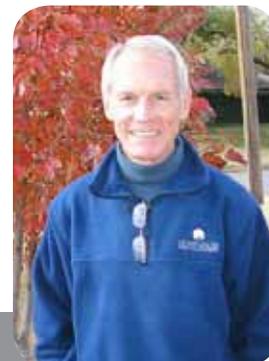
OK. How does one do that? Well, beyond the usual suspects about which I often write (preach?).....normal body weight, good nutrition, low stress, the answer is aerobic exercise of serious intensity. That means pushing yourself (with PHYSICIAN approval) beyond a comfort level, and beyond an uncomfort level.

The newest *Medicine and Science in Sports and Exercise*, the official journal of the American College of Sports Medicine, contains a study reflecting how "moderate" aerobic training did nothing to enhance one's aerobic capacity (one's fitness) and, therefore (per the *Circulation* study), one's longevity. Only those subjects (people, that is) doing "interval" (HARD) training increased their VO2 Max and, therefore, their aerobic capacity and, therefore, (per the *Circulation* study) their longevity.

Nine mets was, by definition, the highest fit group in the *Circulation* study. Nine mets is only an approximate 31.5 Vo2 max. Just imagine the reduced risk at a 10, 11, 12, 13, 14 met level. I have clients at a met level of 15 or 16.

Shoot, they may live forever.

Warren E. Jones, a Personal Trainer, is an American College of Sports Medicine (ACSM) Health Fitness Instructor, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and a holder of an ACSM Certificate of Enhanced Qualification. He can be reached at wej@cox.net.



OKLAHOMA RIVER - REG. OK

2010 CITY DIVIDED 5K RUN

Organized By **RunSkipWalk**

9:00 AM Saturday, November 20, 2010

Regatta Park, OK

Pre register online at www.RunSkipWalk.com \$25 – 5K, \$10 – 1-mile Fun Run

Race Day registration (\$30) begins at 7:00 AM

Awards & Prizes for top finishers and most spirited dressed fans

Packet Pick up: 11/19/10 4 – 7:00 PM

@ Red Coyote Running and Fitness

Proceeds to benefit



USATF certified course and sanctioned event. Chip timing by D.G. Productions

Chicago continued

every day at the end of my run, but it seemed like Mt. Kilimanjaro at that point. Once runners clear the summit of this mighty peak, they have to immediately turn left for the last 200 yard straightaway, which, for a non-coordinated person, is difficult. I almost took out the girl in front of me while attempting to turn. In my defense, she slowed while turning so it wasn't entirely my fault. I do a pretty sad sprint to the finish line and smash my finger down onto my Garmin to capture a new personal best for me.

To me, the mark of a good marathon is having free beer at the finish line and Chicago delivers on that need! The kegs were flowing with a local brew and runners were enjoying their well deserved cup(s) of the liquid wheat before meeting up with friends and family. I took mine "to-go" and went off to catch up with my travel buddies just as the heat warning is

raised to "Red" for those runners still on the course.

Later that afternoon, we partook in another post-Chicago Marathon tradition: eating at the Billy Goat Tavern. It's a must for anyone considering running Chicago! While I hadn't heard of the place prior to going, I sure had seen it: the tavern is the basis of the old Saturday Night Live skit "Cheezborger! Cheezborger! No Coke, Pepsi!" It is like stepping into an alternate reality. The best part? The owner actually has a real billy goat that he parades out on special occasions, so imagine our surprise when a goat tromps through the dining area. Cameras whipped out to take photos of the superstar and runners lined up to continue on a great Chicago Marathon tradition. For those considering running Chicago, it is indeed a "must run" experience that is worth the possible heat and guaranteed crowded course.

5TH ANNUAL

SATURDAY DECEMBER 11TH, 2010

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